

Centre for Humanities and Students' Wellbeing
Organizes

Faculty Development Programme on

EXCELLENCE BEYOND CLASSROOMS



20th, 21st and 22nd,
July 2026



A206, RTC Campus,
Peenya, RUAS



In Collaboration with Departments of Civil Engineering,
Electronics & Communication Engineering and
Mechanical & Manufacturing Engineering

Faculty Wellness and Resilience

Time	Session
09:30am – 10:30am	Registration and Networking
10:30am – 10:35am	Vande Mataram & Ramaiah Anthem
10:35am – 10:38am	Welcome Address by Dr. Nayana N. Patil Associate Dean - Students' Wellbeing, RTC, RUAS
10:38am – 10:40am	Watering the plants
10:40am – 10:45am	Overview of FDP by Dr. Sarat Kumar Maharana Dean-Faculty of Engineering Technology, RUAS
10:45am – 10:50am	Opening Remarks by Prof. R. V. Ranganath Provost, Engineering & Allied Sciences, RUAS
10:50am -11:00am	Address by Chief Guest Dr. S. Sachidanand Former VC, RGUHS, Ombudsperson, RUAS
11:00am – 11:05am	Presidential Remarks by Dr. Kuldeep Kumar Raina Honorable Vice Chancellor, RUAS
11:05am – 11:07am	Vote of Thanks by Dr. Shreyanka Subbarayappa Convenor, Manassu – RUAS Mental Wellness club
11:07am – 11:15am	Tea Break
11:15am – 12:45pm	Session 1: Faculty Well-Being in Academia Speaker: Dr. Medha Y. Rao , Former Principal, RMC and Former Dean - Academic, RUAS
12:45pm – 01:45pm	Lunch

01:45pm – 03:00pm	Session 2: Recharge, Refocus and Reignite Speaker: Ms. Rohini Thrimurthy , Founder of XP Learn, Leadership Mentor and Professional Trainer
03:00pm – 04:00pm	Session 3: Work-Life Integration Speaker: Dr. Sachin Parab , Counsellor, Happiness Coach & Corporate Trainer
04:00pm – 04:30pm	Tea Break

DAY-2

21st July,
2026 | Tuesday

Faculty Academic Relationships

Time	Session
10:00am – 11:15am	Session 4: Emotional Intelligence for Educators Speaker: Dr. Venkatesh R , Founder of Karya Siddhi Yoga
11:15am – 11:30am	Tea Break
11:30am – 12:30pm	Session 5: Mastering Communication and Conflict Speaker: Ms. Seema Pillutla , Author, Counselling Psychologist, Emotional Wellness and Life skills coach
12:30pm – 01:30pm	Lunch
01:30pm – 03:00pm	Session 6: Mindfulness for Personal Wellbeing Speaker: Mr. Naga Pradeep , Sr Application Engineer and Mediation Coach, Buddha CEO Foundation
3:00pm – 04:00pm	Session 7: Digital Detox Speaker: Dr. Rajesh Kumar Assistant Professor, NIMHANS
04:00pm – 04:30pm	Tea Break

Vibrant Campus Culture

Time	Session
10:00am – 11:00am	Session 8: Positive Psychology for Flourishing Speaker: B. K. Yashaswini , Brahmakumaris, Rajyoga meditation
11:00am – 11:15am	Tea Break
11:15am – 12:15pm	Session 9: Leadership for Academic Wellbeing Speaker: Dr. Triveni S , Associate Professor, Department of Psychology, Karnatak University, Dharwad
12:15pm – 01:15pm	Session 10: Interpersonal Skills and Teambuilding Activity Speaker: Ms.Pravrajika Chitprabhaprana Sanyasini of Sri Sarada Math, Bengaluru.
01:15pm – 02:00pm	Lunch
02:00pm – 02:45pm	Session 11: Wellness within - Self Care Speaker: Ms. Aarti Bihani , Counseling Psychologist Wellbeing Volunteer - Nimhans Life Skills Coach, Students' Wellness Counselor, RUAS
02:45pm – 03:30pm	Session 12: Wellness within - Nutrition Speaker: Dr. Bhavana S , Assistant Professor at FLAHS, RUAS
03:30pm – 04:00pm	Valedictory Session and Certificate Distribution
04:00pm – 04:30 pm	Tea Break
Scan for Registration  Internal Faculty Free External Faculty Online - ₹ 200 External Faculty Offline - ₹ 700	